Proposed Synopsis for Ph.D. Pre-registration seminar

A Study of Internet Addiction among Law College Students and its Relation with Personality Traits and Loneliness

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Introduction

1.0 State of the Art

We belong to the 21st century, the century of science, research, discovery, investigation and high-tech society. The inventions and discoveries like computer, mobiles and high-speed internet connectivity have brought drastic changes in personal and social life. In this digital or information technology age, the development and invention by humans have gone beyond expectation, belief and imagination. Every day there are some new gadgets and software that make our life easier and improves on the existing technologies. In the present days the intensive use of technology in every field of life has changed priorities, lifestyles, way of thinking and learning needs.

1.2 **Conceptual framework**

1.2.1 **Internet Addiction**

The concept of internet addiction was proposed by Goleman in 1995 and considered internet addiction or behavioral dependence to internet as mental injury or a social disorder. Use of the Internet, computers, smartphones and other electronic devices has dramatically increased over recent decades, and this increase is associated not only with clear and tremendous benefits to the users, but also with documented cases of excessive use which often has negative health consequences. In an increasing number of countries, the problem has reached the magnitude of a significant public health concern. So many physical and psychological problems are created by excessive internet use. Internet addiction is responsible for poor academic performance of students, work related issues, marital problems, and interpersonal relationship related issues. Many marriages are broken because of excessive use of internet.

Many studies indicate that some psychological, social and personal factors are associated with addictive behavior in that all factors psychological factors are playing a vital role. The personality traits such as neuroticism, extroversion, conscientiousness are responsible for addictive behavior. According to Ozturk et al (2015) internet addiction was associated with level of extraversion and openness to experience. The feeling of loneliness is one of the major factors which can force a person to involve in virtual world rather than real world. They make busy their self in online world by chatting with someone, searching something online, watching movies or other things and feel better. Guangheng, Hui, & Xuan (2011). and many more research studied and found the relationship between internet addiction and loneliness among college going students. College students are most susceptible to developing the Internet addiction because they are considered to be the heaviest users of information and technology with an increased usage of smart phones throughout the day. The vast majority of people online hold a high opinion of the Internet as a place to conduct everyday tasks and pursue the everyday pleasures of life, for instance such as communicating with friends and family. People who use the Internet frequently (i.e., people who go online several times a day) are more likely to be better educated and 49% of them are college graduates (Fallows, 2004). Internet addiction is described as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to pathological gambling. Some Internet users may develop an emotional attachment to on-line friends and activities they create on their computer screens. Internet users may enjoy aspects of the Internet that allow them to meet, socialize, and exchange ideas through the use of chat rooms, social networking websites, or "virtual communities." Similar to other addictions, those suffering from Internet addiction use the virtual fantasy world to connect with real people through the Internet, as a substitution for real-life human connection, which they are unable to achieve normally.

Definitions of Internet Addiction

Orzack (1995): “Internet addiction is a kind of disorder in which people who consider computer keyboard more interesting that monotonous life suffers from it”.

Young (1998): “Internet addiction is defined as any online-related, compulsive behavior

which interferes with normal living and causes severe stress on family, friends, loved ones, and one's work environment".

Kandell (1998): "A psychological dependence on the Internet characterized by an increasing investment of resources on Internet-related activities, unpleasant feelings when offline, an increasing tolerance to the effects of being online, and denial of the problematic behaviors".

Davis, (2001) &Shapira et al. (2000): "An individual's inability to control his/her uses of the Internet, which eventually causes psychological, social, school, and/or work difficulties in a person's life".

Wanajak, K. (2011)**:** "Nonchemical or behavioral addiction that involves human-machine interactions, this addiction can either be passive, such as viewing television, or active, such as playing computer games".

Types of Internet Addiction:

Research has frequently cited the type of activity pursued online as being related to the likelihood of developing Internet addiction (Li & Chung, 2006). Although a number of models have been proposed to categorize various types of online activities, a similarity across these models has been the differentiation between interactive and information-gathering functions.

Young (1996) defined five distinct subtypes of Internet addiction as under:

1. **Cyber sexual Addiction**: Individuals who suffer from Cybersex/Internet pornography addiction are typically engaged in viewing, downloading, and trading online pornography or involved in adult fantasy role play chat rooms.
2. **Cyber-relationship Addiction**: Individuals who suffer from an addiction to chat rooms, IM, or social networking sites become over-involved in online relationships or may engage in virtual adultery. Online friends quickly become more important to the individual often at the expense of real life relationships with family and friends. In many instances, this will lead to marital discord and family instability.
3. **Net Compulsions**: Addictions to online gaming, online gambling, and e-bay are fast becoming new mental problems in the post Internet era. With the instant access to virtual

casinos, interactive games, and e-bay, addicts loose excessive amounts of money and even disrupt other job-related duties or significant relationships.

4. **Information Overload**: The wealth of data available on the World Wide Web has created a new type of compulsive behavior regarding excessive web surfing and database searches. Individuals will spend greater amounts of time searching and collecting data from the web and organizing information. Obsessive compulsive tendencies and reduced work productivity are typically associated with this behavior.

5. **Computer Addiction**: In the 80s, computer games such as Solitaire and Minesweeper were programmed into computers and researchers found that obsessive computer game playing became problematic in organizational settings as employees spent most days playing rather than working. These games are not interactive nor played online.

Effects of Internet Addiction

Like other addictions, internet addiction has been linked to a variety of problems. Besides little sleep, failure to eat for long periods and limited physical activity, it also disrupts the studies and other aspects of the daily life of an individual.

Effects of internet addiction on Physical health: IAD is problematic, because the disorder can interfere with one's real-life responsibilities and relationships. Internet addiction alters the volume of the brain. The brain changes are similar to those produced by alcohol and cocaine addiction. IAD shrinks the brain's gray and white matter fibers which results in changes to emotional processing and brain functioning. The brain will continue to negatively transform, as long as the addiction continues.

Effects of internet addiction on Mental health: IAD leads to anxiety, depression or other mental health or mood disorders, feeling of loneliness, problems in social interaction or support, change that limits social activity or mobility such as moving, job loss, disability or having a baby, High levels of stress.

Effects of internet addiction on Personal life: Internet addiction affecting on personal relationships, work life, finances, or school life. Individuals suffering from this condition may be isolating themselves from others, spending a long time in social isolation and negatively

impacting their personal relationships. Distrust and dishonesty issues may also arise due to Internet addicts trying to hide or deny the amount of time they spend online. In addition, these individuals may create alternate personas online in an attempt to mask their online behaviors. Serious financial troubles may also result from avoidance of work, bankruptcy due to continued online shopping, online gaming, or online gambling. Internet addicts may also have trouble developing new relationships and socially withdraw – as they feel more at ease in an online environment than a physical one.

1.2.2 Concept of Personality

Personality can be described as distinctive patterns and specific characteristics of thinking, emotion and behavior which determine the style of interaction with the physical and social environment. Personality traits indicate a relatively stable profile in people's morale. These characteristics are appeared as consistent and coherent throughout their life when faced with different situations. Personality is generally a set of characteristics patterns of thoughts and feelings of individuals. One of the unique things about personality is that it remains unique throughout the life of a person. Some people are very quiet but some are very aggressive. So all these behaviors of a person may give rise to personality. Personality is the product of social interaction in group life. In society every person has different traits such as skin, color, height and weight. They have different types of personalities because individuals are not alike. It refers to the habits, attitudes as well as physical traits of a person which are not same but have vary from group to group and society to society, everyone has personality, which may be good or bad, impressive or unimpressive. It develops during the process of socialization in a culture of a specific group or society. One cannot determine it of an individual exactly because it varies from culture to culture and time to time. For example, a killer is considered criminal in peace time and hero in war. The feeling and actions of an individual during interaction molds the personality. It is the sum of total behaviours of the individual and covers both overt and covert behaviors, interests, mentality and intelligence. It is the sum of physical and mental abilities and capabilities.

Characteristics of Personality:

1. **Personality is generally Structured & Constant.**

Personality is structured and constant means that it cannot change overtime and remains same throughout life. Generally, personality of people remains consistent over longer period of time in spite of minor changes in it overtime. For e. g if a person possesses extrovert types of personality means he may be more sociable and friendly in nature.

2. **Personality is said to be psychosomatic**.

   Personality is also influenced by biological needs and processes. Personality is generally said to be psychosomatic because it depends upon internal factors of the people that drives its character.

3. **Personality makes behavior changes**.

   One of the other characteristics of personality is that it makes changes in the behavior of the person. We see different characteristics of people depending on their personality but important thing lies that it also gets changes to some extent in lifetime. It is said that personality of a person is difficult to change but it is not impossible. Personality usually changes when certain emergency things happens in the life of a person like sudden death of family member. Personality changes come when any emergency situation occurs in the life of a person.

4. **Personality is reflection of beliefs, mind-sets, behaviors etc.**

   Personality is reflection of beliefs, mind-sets, and behavior of people means these factors plays an important role in shaping man's characteristics. Personality is mostly depended on the characteristics of a person like its beliefs, mind-sets and behaviors etc. One of the other characteristics of personality is that it makes changes in the behavior of the person.

Here are some definitions of personality;

Allport (1937): "Personality is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to his environment".

Mischel (1976): "The distinctive patterns of behavior including thoughts and emotions that characterize each individual's adaptation to the situations in his or her life".

Funder, D. C., (1997): "Personality refers to individuals' characteristic patterns of thought, emotion, and behavior, together with the psychological mechanisms — hidden or not — behind those patterns. This definition means that among their colleagues in other subfields of psychology, those psychologists who study personality have a unique mandate: to explain whole persons.

Feldman (2004): "The pattern of enduring characteristics that differentiates a person or the pattern of behavior that makes each individual unique is called personality".

Haghshenas (2006): Personality can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognition, motivations, and behaviors in various situations.

Feist and Feist, (2009): "Although no single definition is acceptable to all personality theorists, we can say that personality is a pattern of relatively permanent traits and unique characteristics that give both consistency and individuality to a person's behavior."
Numerous personality approaches such as mental analysis, behaviorism, traits approach, and cognitive-social and humanistic approaches are used by researchers to describe and measure personality. At the present time, the five-factor personality theory has been considered as one of the most proposed theories after traits approaches.

1.2.3 Concept of Loneliness

Loneliness is an emotional and cognitive reaction to having fewer and less satisfying relationships than one desires. In Understanding loneliness, it is a subjective experience, reflecting what we feel and think about our interpersonal life, and it is not the same thing as solitude or being alone. We can spend long periods of time alone without feeling lonely, and we can also feel terribly lonely in a crowd. The partners in a long marriage can experience loneliness, whereas a recently widowed person may not feel lonely (Tomstam, 1992). In fact, research has shown that lonely and non-lonely people do not differ in the quantity of their social interaction, but rather in the quality of such exchanges. Lonely people spend more time with strangers and acquaintances and less time with friends and family than those who are not lonely. Loneliness is the inability to maintain the level of affiliation one desires. Loneliness is more than a feeling of wanting company or wanting to do something with another person.

Loneliness is a feeling of being cut off, disconnected and alienated from other people. The lonely person may find it difficult or even impossible to have any form of meaningful human contact. Lonely people often experience a subjective sense of inner emptiness or hollowness, with feeling of separation or isolation from the world.

Loneliness is a complex and usually unpleasant emotional response to isolation or lack of companionship. Loneliness typically includes anxious feelings about a lack of connectedness or communality with other beings, both in the present and extending into the future. As such, loneliness can be felt even when surrounded by other people. The causes of loneliness are varied and include social, mental or emotional factors. Loneliness has also been described as social pain — a psychological mechanism meant to alert an individual of isolation and motivate him/her to seek social connections. Social integration is critical to development across the life span, but it is likely to be particularly important in later life. Recent research has shown that emotional closeness in relationships increases with age. At the same time, however, the number of social relationships decreases, and social events triggering significant disruptions in social ties (death of a parent, children leaving home, relocation, death of a spouse). Finally, shifting demographic patterns are changing the contours and context of social relationships.

The negative effect of loneliness on health has been reported by different researchers. A study revealed that the presence of perceived loneliness contributed strongly to the effect of depression on mortality. The addicted often experience and feel lonely and unwanted. Situational variables like isolation, moving to new location, divorce or death of spouse, low self-esteem, and lack of self-confidence lead to isolation and chronic loneliness. It impacts physical and mental health. Health risks might include depression and suicide, cardiovascular disease, increased stress level, poor decision-making, alcoholism, drug abuse and progression of Alzheimer's disease.

1.2.3.1 **Distinction among Loneliness, Social Isolation and Depression**

Loneliness is not the same as being alone. Many people have times when they are alone through circumstances or choice. Being alone can be experienced as positive, pleasurable, and emotionally refreshing if it is under the individual's control. Solitude is the state of being alone and secluded from other people, and often implies having made conscious choice to be alone.

Loneliness is therefore unwilling solitude. In their growth as individuals, humans start a separation process at birth, which continues with growing independence towards adult hood. As such feeling alone can be a healthy emotion and, indeed, choosing to be alone for a period of solitude can be enriching. To experience loneliness, however, can be to feel overwhelmed by an unpleasable feeling of separateness at a profound level. This can manifest in feelings of abandonment, rejection, depression, insecurity, anxiety, hopelessness, unworthiness, meaninglessness, and resentment. If these feelings are prolonged, they may become debilitating and prevent the affected individual from developing healthy relationships and lifestyles. If the individual is convinced, he or/ she is unlovable, this will increase the experience of suffering and the likelihood of avoiding social contact. Low self-esteem will often trigger the social disconnection which can lead to loneliness.

The term loneliness, social isolation, and living alone are often used interchangeably, although they are distinct but interrelated concepts. In addition, depression is also closely related to loneliness. A person may suffer from loneliness even though surrounded by many people, while an isolated person may feel completely content with their situation. Living alone is the most straight forward concept, which may be measured easily by household size (Victor C, Scambler S, Bond J, Bowling A. 2002) where as social isolation relates to number of contacts and the integration of an individual into the surrounding social environment (Cattan M, White M. 2003). So far loneliness is a subjective feeling and the amount of it can only be described by the individual experiencing it (Andersson L. (1998;). Valid measures of mood and of the number of social contacts have been available for a long time. Therefore longitudinal research on depression and social isolation has been extensive and their prognostic significance in old age is well known. In addition, the approach to treatment and intervention in these three domains should be different. For instance, people feeling lonely do not necessarily benefit from antidepressants or from people visiting them

1.2.3.2 **Common Symptoms of Loneliness**

(a) Believing that 'everyone else' has friends

(b) Feeling socially inadequate and socially unskilled

(c) Being convinced that there is something wrong with you

(d) Feeling that no one understands one's situation

(e) Feeling reluctant to attempt to change, or try new things

(f) Feeling 'empty', depressed, or even contemplating suicide (g) Feeling anxious and/or desperate

1.2.4 Law College Students

The Indian Constitution is a comprehensive document that outlines the framework for the country's governance. It is often described as having four key pillars, each representing a vital aspect of the Indian polity:

1. **Legislative**: This pillar refers to the legislative branch of the government, which is responsible for making laws. It consists of the Parliament, comprising the Lok Sabha (House of the People) and the Rajya Sabha (Council of States). The Parliament is the supreme law-making body in India.
2. **Executive**: This pillar represents the executive branch of the government, which is responsible for implementing the laws made by the legislature. It consists of the President, the Vice President, the Prime Minister, and the Council of Ministers. The Prime Minister is the head of the government and leads the executive branch.
3. **Judiciary**: This pillar refers to the judicial branch of the government, which is responsible for interpreting and enforcing the laws. It consists of the Supreme Court, the High Courts, and the district courts. The Supreme Court is the highest court in India and has the power to review and overturn decisions made by lower courts.
4. **Media**: While not explicitly mentioned in the Constitution, the media plays a crucial role in Indian democracy. It acts as a watchdog, informing the public about government activities and holding the government accountable. A free and independent media is essential for a functioning democracy.

The law students and the judicial system in India are intricately linked. Law students are the future of the legal profession and play a crucial role in upholding the rule of law and ensuring justice in the country. They undergo rigorous academic training to understand legal principles, procedures, and case law.

There are some key connections between law students and the judicial system in India:

- **Legal Education:** Law students acquire the necessary knowledge and skills through legal education programs offered by law schools and universities. These programs cover various subjects, including constitutional law, civil law, criminal law, and legal ethics.
- **Moot Courts and Mock Trials:** Law schools often organize moot courts and mock trials to provide students with practical experience in legal arguments and courtroom procedures. This helps them develop their advocacy skills and prepare for their future careers in the legal profession.
- **Internships:** Many law students undertake internships in law firms, courts, or government legal departments. These internships offer valuable exposure to the workings of the judicial system and provide opportunities to apply their theoretical knowledge in real-world situations.
- **Bar Council Examinations:** Upon completion of their legal education, law students must pass the Bar Council examinations to become eligible to practice law in India. The Bar Council is the regulatory body for the legal profession in the country.
- **Entry into the Judicial System:** Some law students may choose to pursue a career in the judiciary. They can appear for competitive examinations conducted by the Union Public Service Commission (UPSC) or state public service commissions to enter the judicial service. Successful candidates undergo training in judicial academies and eventually become judges in various courts.

In conclusion, law students are an integral part of the Indian judicial system. They play a vital role in ensuring the effective functioning of the legal system and upholding the rule of law in the country. Their academic training, practical experience, and examinations prepare them to contribute meaningfully to the legal profession and the administration of justice.

Review of Literature

A. Review of studies on Internet addiction among college students
B. Review of studies on Internet Addiction and Personality
C. Review of studies on Internet Addiction and Loneliness

A. Review of studies on Internet addiction among college students

Sarao & Sharma (2017) A study conducted on the relationship between the Internet use and locus of control among college students. The result indicated that internet addicted students' feels symptoms of tolerance, withdrawal and escape, frequent interpersonal and academic

conflicts, and physical health-threatening risks related to problem. The result also showed that men facing more problems than women and they found positive correlation between external locus of control and problem Internet use.

Gedam, Ghosh, Modi, Goyal, Mansharamani (2017) conducted a cross-sectional study on 846 undergraduate health professionals from various faculties of Deemed University for finding the prevalence and association between internet addiction and psychopathology. The result showed that the total prevalence of internet addiction was 19.85%, with moderate and severe addiction being 19.5% and 0.4%, and they found association between psychopathology and internet addiction. Male gender, login status, emotional ties, and psychological distress were found to be important predictors of internet addiction among students.

Menon, Shanker, Narayanan, Lakshmi, Kahwaji & Ahmad (2018) investigated the internet addiction among college students. The study was conducted on 300 students in a management institute, India and the result shows that the older students were more internet addicted than the younger students. It also shows that men were more addicted than women.

Prashant et al (2018): A cross-sectional study was conducted for investigating the association between mental health and internet addiction among college students in Nagpur city. The result shows that the students aged from 17-25 years were high on internet addition. They suggested that excessive use of the Internet effects on physical, mental health and social well-being of students.

Subhashini and Praveen (2018): The study was conducted on 300 students from Hassan Institute of Medical Sciences (Government Medical College) and Government Engineering College, Karnataka. They found that out of 300 students 173 (57.7%) were found to be internet addicted and 67 (38.7%) among them were found to be depressed and a there was positive relation between internet and depression. A male student shows more internet addiction than female students.

Azher, Musarrat (2018) was explored the relationship between Internet Addiction and Anxiety among 300 PG students form University of Sargodha. The data was collected by Internet Addiction Scale (I.A.S) and Beck Anxiety Scale. The result finding showed that internet addition was more in male students as compare to female students and also suggested

that there was positive relationship between internet addiction and anxiety level among university students.

Sharma, Ashok, Chandrasekaran and Monteiro (2018) A cross sectional study on 1304 undergraduate college students (716 were females and 588 were males) was conducted in Udupi taluka Karnataka for examine the correlates of internet addiction. They found the prevalence of internet addiction was 44% and this was associated gender, father's occupation, mother's education, availability of personal gadgets, use of smartphone, exposure to internet at young age and there was positive relationship between internet addiction and level of depression, anxiety, and stress.

B. Review of studies on Internet Addiction and Personality

Zamani, Bibi, Abedini, Yasamin, Kheradmand &Ali (2011): The descriptive correlational study was conducted for investigating the predictors of Internet addiction based on the personality characteristics of 538 male and female high school students in Kerman, Iran. The research finding showed a relationship between the personality trait of emotional stability and academic fields and introversion and extroversion. They suggested that three personality traits of 60 loyalty, emotional stability, and extroversion are the most significant predictors of Internet addiction in high school students.

Zahra et al (2013): The study on relationship between personality traits and Internet addiction disorder among the adolescents and young adults (IAD) was conducted on 400 Kharazmi University students from all the faculties. Internet Addiction test (IAT) by Young and NEO-Five Factor Inventory (NEO-FFI) were used. Results indicated that Internet addiction is significantly, positively correlated to neuroticism and negatively correlated to extraversion, agreeableness and conscientiousness. Moreover, males scored significantly higher on IAD as compared to females.

Ozturk, et al (2015): A cross-sectional, descriptive study was conducted on 328 high students in the Aegean region of Turkey for analyzing the association between personality traits and risk of internet addiction in adolescents. The funding shows that participants' risk of internet addiction was associated with their level of extraversion and openness to experience.

Saini, Baniya, Verma, Soni, Kesharwani (2016): A cross-sectional observational study was conducted on 140 medical students for investigating the relationship of internet addictive

behavior with personality characteristics. Internet addiction test and big five inventory tools were used to assess internet addictive behavior and personality traits. The result finding showed that higher neuroticism and less extroversion displayed significant associations with internet addictive behavior. They suggest Neurotic individuals tend to experience increased levels of stress and interpersonal conflict because of this personality trait. Internet addictive behavior was lower on extroversion traits because they are more in social activities, making friend easily, and cheerful.

Kayiş, et al (2016): A meta-analytical review study on the basis of research studies was conducted for investigating the relations between internet addiction and big five-personality traits. The result finding showed that all big five-personality traits had a meaningful relation with internet addiction. It shows positive correlation between neuroticism internet addiction and other personality traits openness to experiences, conscientiousness, extraversion and agreeableness were negatively correlated with internet addiction.

Hostovecky, Marian & Prokop, Pavol (2018): The correlational study on internet addiction and personality traits was conducted on secondary school students at Slovak. The research findings show that female are more addicted than male and there was negative relation between extroversion and internet addiction. Neuroticism and internet addiction is positively correlated, research finding also suggest that students cities show higher symptoms of Internet addiction than villagers.

C. Review of studies on Internet Addiction and Loneliness

Radhamani, Arulsamy & Savarimuthu (2012): conducted the study on 200 college students from Arts and Science and Engineering colleges in Coimbatore District and investigate the between Internet addiction and loneliness. The finding reveals that there is a significant relationship between Internet addiction and loneliness among college students.

Ayas, Tuncay, Horzum, & Mehmet (2013): examined the relation between depression, loneliness, self-esteem and internet addiction among 292 secondary education students in Trabzon. The result finding shows that there was positive relationship between internet addiction and depression, loneliness and self-esteem variables and the findings also suggested that depression and loneliness variables are significant predictors of internet addiction.

Hasmujaj (2016) examined the relationship between loneliness and internet addiction on 151 Albanian students (18-23 yrs.) of University of Shkodra and also studied the gender differences. The finding shows that there is a mild negative correlation between loneliness and Internet addiction and there was no gender difference in terms of internet addiction and loneliness level. The findings suggest that students addicted to the Internet have significantly lower rates of loneliness.

Serap Kaynak, Songül Duran, Ayşe Karadas (2018): The cross-sectional study was conducted on internet addiction and loneliness level among nurses and to determine the correlation between internet addiction and loneliness The study conducted on 203 nurses in working Turkey and found a weak positive association between loneliness and internet addiction.

Singh, Khess, Mathew, Arif, Nilesh (2019): The cross-sectional study was conducted on loneliness, social anxiety, social support and internet addiction for examine the relationship on 100 PG students from History, Philosophy, Hindi, and English department of Ranchi University. The finding revel that High level of loneliness (92%), social anxiety in 21%, social phobia in 22%, and severe internet addiction was present in 15% of the respondents. Loneliness has a significant positive correlation with social anxiety.

Erol, Nese Cirak, Mehmet (2019): The correlational study on loneliness and Internet addiction levels of college students in terms of demographic variables was conducted on 489 college students in Public University, Turkey. The data were collected by UCLA Loneliness Scale Version3 and Internet Addiction Test (IAT) and the results show that younger participants significantly experience more loneliness than older participants; similarly, students in lower classes experience more alone than those in upper classes.

2.0 Problem to be investigated

Proposed research entitled **'A Study of Internet Addiction among Law College Students and its Relation with Personality Traits and Loneliness'** is to study the impact of gender (Male and Female), type of students (Boarders and Day Scholars) and ethnicity (Tribal and Non- tribal), on Internet Addiction, Personality trait and Loneliness among different law college students.

3.0 Objectives of the investigation and Motivation

Objectives of the proposed research are as follow:

1. To examine the levels of Internet Addiction, Personality trait and Loneliness among different law college students in respect of gender (Male and Female), type of students (Boarders and Day Scholars) and ethnicity (Tribal and Non- tribal).
2. To study the significant impact of gender (Male and Female), type of students (Boarders and Day Scholars) and ethnicity (Tribal and Non- tribal) on Internet Addiction, Personality trait and Loneliness among different law college students.
3. To study the correlation between Internet Addiction, Personality trait and Loneliness in respect to gender (Male and Female), type of students (Boarders and Day Scholars)) and ethnicity (Tribal and Non- tribal) among different law college students.

3.1 Motivation of the research

Internet is a very important element of life which cannot be ignored. Internet is used for educational purpose by a large community but unfortunately, we have a large community including majority of youth and teenagers who use Internet for only social networking sites. Internet has become more than a hobby; it has become an addiction or compulsion that has become out of their control. The Internet addiction is the crucial factor for the students and which is ultimately reflected in the overall performance of the students but it has been noticed that very few studies have been done in this field. There are very few studies to show the comparison between two sub groups of gender (Male and Female), type of students (Boarders and Day Scholars) and ethnicity (Tribal and Non-tribal) on Internet Addiction, Personality trait and Loneliness among different law college students. This study related to Internet Addiction, Personality trait and Loneliness among different law college students will be explored, highlighted and diagnosed. Through this study the society as well as authority can be suggested to be supportive towards welfare of the college students who are addicted.

4.0 Research Hypotheses

Considering the above objectives of the proposed research, the following hypotheses will be constructed:

1. The levels of Internet Addiction, Personality Trait and Loneliness will be significantly different among law college students in respect of gender (Male and Female), type of students (Boarders and Day Scholars) and ethnicity (Tribal and Non- tribal).
2. There will be significant impact of gender (Male and Female), type of students (Boarders and Day Scholars) and ethnicity (Tribal and Non-tribal) on Internet Addiction, Personality trait and Loneliness among different law college students.
3. There will be relationship between Internet Addiction, Personality Trait and Loneliness in relation to gender (Male and Female), type of students (Boarders and Day Scholars) and ethnicity (Tribal and Non-tribal).

5.0 Research Design and Methodology

The Sample

The sample for this proposed study will consists 240 Law college students sample will be basis on purposive sampling technique from different Law colleges of Ranchi. The sample will be based on 2 X 2 X 2 multi factorial design; there will be 8 sub-groups. In each sub group 30 cases will be selected to make a total 240 workers

The factors of stratification are**:**

- Gender =2 (Male and Female)
- Type of students = 2 (Boarders and Day Scholars)
- Ethnicity = 2 (Tribal and Non-Tribal)

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Table-1

Sample Design

Gender → / Type of Students →		Male		Female	
		Boarder	**Day Scholar**	**Boarder**	**Day Scholar**
Ethnicity	**Tribal**	**30**	**30**	**30**	**30**
	Non - tribal	**30**	**30**	**30**	**30**

Sub total	**60**	**60**	**60**	**60**
	120		**120**	
Total	**240**			

Variables

Independent variables

1. Gender
2. Type of Students
3. Ethnicity

Dependent variables

1. Internet Addiction
2. Personality Trait
3. Loneliness

Control variables

1. Law college students of age within 20 to 30 years
2. Regular Students

Name of Law Colleges

1 Institute of Legal Studies, Ranchi University, Ranchi,

2 Chotanagpur Law College, Kali Nagar, Namkum, Ranchi

3 National University Study and Research in Law, Kanke, Ranchi,

4 Amity University Jharkhand, Ranchi

5 R K D F University, Ranchi and

6 I C F A I University Jharkhand, Ranchi

Inclusion criteria -

a) Regular enrolled students
b) Tribal group (Sarna and Tribal Christian) and of Non-Tribal (Hindu and Muslim) Law college students.

Exclusion criteria

1. Private Students
2. Any Law college students outside of Ranchi

6.0 Sources of data and tools to be used in collection of data

6.1 Sources of data

Data required for the proposed study will be collected from two major sources, such as primary and secondary. Information will be collected from secondary sources like books, articles, and reports which will provide a variety of information regarding Internet Addiction, Personality Trait, Loneliness and its social and psychological consequences. Major parts of the data will be collected through primary source. Primary data collection will take place in Ranchi.

6.2 Tools to be used in collection of data

1) Personal Data Questionnaire

This questionnaire will be prepared by the researcher for eliciting information about the respondents' name, age, gender, religion, education (class), institute, type of students.

2) **Internet addiction test**

Internet addiction test (ITA) is developed by Young (1996). It consists of 20 items that measures mild, moderate and severe level of internet addiction. A candidate has to response as '0' (does not apply), '1' (rarely), '2' (occasionally), '3' (frequently), '4' (often), '5' (always). Scoring for response will be 0,1,2,3,4,5 respectively. The instrument has exhibited good psychometric properties in previous researches. The reliability for this questionnaire is 0.899. The content validity was tested and the test was found to be a valid test. This test is available in English. **Age Range – College Students**

3) **Big Five Inventory (BFI)**

The Big Five Inventory (BFI) was developed by John and Srivastava (1999). The Scale consisting of 44 Items measures the personality of individual through five factors - Extraversion (8 items), Agreeableness (9 items), Conscientiousness (9 items), Neuroticism (8 items) and Openness (10 items). It is a Likert type scale. Each item has five response alternatives: Disagree strongly (1), Disagree a little (2), Neither agree nor disagree (3), Agree a little (4), and Agree strongly (5). Response to alternatives to positive statements are scored from 1 (Disagree strongly) to 5 (Agree strongly). Scoring is reversed for response alternative to negative statements. Thus, the higher scores indicate higher degree of personality. **Age Range—18 &Above**

The reliability coefficient for The Big Five Inventory was 0.75, and validity coefficient was 0.86.

4) Loneliness Scale

The loneliness Inventory (LI) is developed by Meenakshi (2008). This is the most common and widely used measure of loneliness. It has 19 items with five response categories each. These five response categories are denoted as Never, Rarely, Sometimes, Many times and Always. For scoring the response for Never, Rarely, Sometimes, many times and Always, the points will be given as 1,2,3,4,5 respectively. The measure has high internal consistency (coefficient alpha=.96) and a test-retest reliability is .73. The content validity was tested and the test was found to be a valid test. This test is available in English. **Age Range – College Students**

7.0 Analysis of data

The following statistical technique will be used to analyze the data and examine the Hypotheses:

1. **Percentage** value will be calculated to find out the level of Internet Addiction, Personality trait and Loneliness among Law college students.
2. **ANOVA** will be calculated to find out the impact of gender, type of students and ethnicity on Internet Addiction, Personality trait and Loneliness among Law college students.
3. **t' test** will be calculated to know the significance difference of gender, type of students and ethnicity on Internet Addiction, Personality trait and Loneliness.

4. **Co-efficient of Correlation** of Internet Addiction, Personality trait and Loneliness will be calculated on Law college students.

5. **Graphical representation** of result will be drawn

8.0 Significance of the study

Internet is a very important element of life which cannot be ignored. Internet is used for educational purpose by a large community but unfortunately, we have a large community including majority of youth and teenagers who use Internet for only social networking sites. Internet has become more than a hobby; it has become an addiction or compulsion that has become out of their control. Psychological and physical problems (sleep deprivation, excessive fatigue, decreased immune system, lack of proper exercise, poor personal hygiene and back or eye strain), social isolation and lack of real-life social relationships, familial (relationship problems with family, neglect of daily chores and increased family conflicts), academic problems (drop in grades, missed classes, decline in study habits) and other problems have all been identified as consequences of excessive Internet use. The internet is one of the biggest non-drug addictions of the 21st century. This study of internet addiction among college students the researcher tries to create awareness about the dangerous effect of internet addiction on mental health of the people. The attempt will be made to study the gender wise use of internet and their relation with personality factors and feeling of loneliness among college student. As a researcher an attempt will be made about turning light upon the problem of an internet addiction the relevant and burning issue in today's scenario and its relation to personality traits and loneliness. The researcher assumes this research study can help and encourage the other people to develop different types of treatment program for those who are suffering from this internet addiction problem and also finding the leading factors to develop internet addiction in person.

9.0 Its relevance to the present-day problem and need of the society

Internet addiction has become a pressing issue in contemporary society due to the pervasive nature of the internet and its increasing integration into daily life. Research on internet addiction is crucial for understanding and addressing this growing problem for several reasons:

1. **Understanding the Scope and Impact:** Research helps to quantify the prevalence of internet addiction and its associated negative consequences. This information is essential for developing effective prevention and treatment programs.

2. **Identifying Risk Factors:** Research can identify factors that contribute to internet addiction, such as personality traits, psychological vulnerabilities, and environmental factors. This knowledge can inform targeted interventions to prevent individuals from developing this disorder.
3. **Raising Awareness:** Research can help raise awareness about internet addiction and its potential consequences. By educating the public about this issue, we can reduce stigma and encourage individuals to seek help if they are struggling.
4. **Policy Development:** Research can inform the development of policies and regulations related to internet addiction. For example, governments can use research findings to implement measures to protect vulnerable populations from the harmful effects of excessive internet use.

Research on internet addiction is essential for understanding, addressing, and preventing this growing problem in today's society. By studying the causes, consequences, and treatment options for internet addiction, we can develop effective strategies to help individuals and communities thrive in the digital age.

10.0 Contribution to the existing knowledge.

The research describes a systematic review aimed at answering different research questions relating to internet addiction, Personality trait and loneliness of Law college students. Their major problem finds form this study. This research work will helpful to contribute to existing knowledge in several ways: like to identify specific personality traits, psychological vulnerabilities, or environmental factors that increase the likelihood of developing internet addiction. This knowledge can inform targeted prevention and treatment programs. This research can explore the relationship between internet addiction and other mental health conditions, such as depression, anxiety, and attention-deficit/hyperactivity disorder (ADHD). This information can help in developing comprehensive treatment plans. Moreover, this research can identify effective prevention strategies, such as educational programs, parental guidance, and healthy digital habits. This can help to reduce the number of individuals who develop internet addiction.

11.0 Future work

The present research can uncover new questions and avenues for further exploration. For instance, studies might highlight the need to investigate the long-term consequences of internet addiction, its impact on specific populations (e.g., adolescents, the elderly), or the role of emerging technologies in exacerbating the problem. This research can serve as a foundation for future studies, allowing researchers to build upon existing knowledge and explore more complex relationships between internet addiction and other factors. A number of research topic can be generated. The results of the study will also be strengthened by increasing the number of cities responding to the questionnaire survey. The research facilitates to the new and other researches to conduct the studies on the topic with including or other omitting variables.

12.0 Tentative Chaptalization

There will be following five chapters in the research report of the proposed research:

Chapter 1: Introduction

Chapter 2: Review of literature

Chapter 3: Methodology

Chapter 4: Analysis of Data

Chapter 5: Summary and Conclusion

References

Appendix

Note: *It is tentative structure of synopsis; minor modification may be made depending upon the nature of the data obtained.*

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